

Useful  
Hints

## Woman and Home

Ethical  
TalksSleeplessness  
By Antoinette Donnelly

Sleeplessness is a thing to be reckoned with, fought and overcome. It is not a thing to be submitted to. It is an insidious and dangerous foe to both body and brain. Sleeplessness will make a wreck out of you in no time. So look to it that you don't lose sleep. It is the brain what feeds to the body. "Chief nourisher at life's feast" was what Shakespeare called sleep.

We often forget the absolute truth of this, and that one would die a worse death from sleep starvation than food starvation. The want of rest induced by some constant anxiety, distress or fear through which some women are forced to pass may result in permanent inability to sleep soundly—if the habit is allowed to get a hold.

Various things are good for sleeplessness—hot milk, light food, a hot bath. Hot milk will draw blood from the brain to the stomach. A hot bath does the same thing. A cold douche to the spine is sometimes effective. Brisk exercise before retiring is the productive of sleep. The avoidance of late suppers and coffee drinking is commendable. Cold feet will keep the sufferer from sleep. Insufficient bed clothing to keep the entire body warm is a sleep disturber that has an obviously gay remedy in sufficient clothing.

Sometimes, in spite of these remedies, the drowsy god will not be woken. If the battle with sleep is a mental one, try fighting with the mental weapons. A man I know who was a delightful sufferer from insomnia found the only way he could ever induce sleep was through fiction. Financial worries and family sickness pressed heavily upon his brain. His anodyne was a good, wholesome cheerful story. "Getting into other people's lives is the only way I can get out of my own," he told me.

A great physician once said to the son of a great French novelist: "When our patients are restless and sleepless, when they are downcast with the fears of operations and dwell too much on death, we give them your father's books—and they forget."

A testimony to the power of a novel, to be sure. Worth trying, though, if other methods fail to induce the chief nourisher.

## Antoinette Donnelly's Answers.

Vivian—The feverish condition of your lips may be caused from some local disturbance of the stomach. Be careful of your diet, drink lots of water, and keep your bowels in a healthy condition by guarding against constipation. Rub your lips with cold cream at night and before going out in the air.

Edith P. H.—I fear there is but little, if anything, you can do to change your nose. You might try massaging it from the base downward. Try and be happy in the thought that a broad nose is an indication of a strong character. I shall be glad to send you my instructions for the care of the teeth and mouth hygiene if you will send me a stamped, addressed envelope.

Lyla W.—If you think you are getting a goiter you should consult your family physician at once, as it is a condition which, if not taken care of in time, may result seriously. Do not think of taking any violent neck exercises to reduce it. I shall be glad to send you my treatment for blackheads and pimples if you will send me a stamped, addressed envelope. They are much too lengthy to print in this column.

Hilda—Four pounds is not enough under weight to cause you any uneasiness. A girl nineteen years of age, five feet seven inches in height should weigh 132 pounds.

Lillian Rose—You will have to begin right away to build up your general health if you want to get rid of those hollow, sunken eyes. Eat foods that will nourish and sustain you—fat-producing foods; get plenty of sleep and rest, ten hours every night if you can, and not less than eight hours. Drink lots of water, not less than three pints a day, the first thing in the morning, the last thing at night and between meals. Guard against constipation. Get all the fresh air you can, and walk at least three miles a day. Don't allow anything to worry you, dress warmly, wear comfortable, common-

Good-Looking Suit  
Of Broadcloth and Fur

For tailored suits, broadcloth is a very great favorite indeed. Brown, green, plum and Burgundy shades are keeping pace with the always-liked blues and blacks. The double collar, one resting upon another covering the shoulders, is much liked, and the muff and high collar of fur are used with all sorts of variations. Illustrated is a lovely suit of plumed broadcloth trimmed with lace bands of seal.

## Fried Apples

Melt enough butter to cover the bottom of a frying pan or a granite pie plate. Fill the dish with apples, pared and quartered. Sprinkle over them one-half cupful of sugar. When hot place the dish in the oven and cook slowly until tender. Turn out on toast and serve hot.

seems shoes, and don't allow anything to drain your strength and vitality, and I am sure before the winter is over you will feel and look like a new girl.

About Rickets  
By William Brady M. D.

Rachitis (inflammation of the spine) is the older medical name for rickets. Of course, the disease involves all parts of the body as well as the bones of the spine.

In large cities the majority of children in the crowded districts show more or less rickets. But the disease occurs very frequently in children of well-to-do families in which ill-advised methods of feeding prevail. Rickets seems particularly common in negro children in America (not in the tropics); we believe the following noticed in negroes are attributable to rickets in childhood.

In rickets the bones are definitely supplied with mineral matter, the per cent of ash in the bones being often as low as 25 per cent of the normal (which is about one-third of the substance of the bone in health).

The causes of rickets, definitely as may be stated, are (1) improper food, such as condensed milk, malted milk and the various so-called infant foods which are given without fresh cows' milk; probably also (2) lack of outdoor air and sunshine; (3) a hereditary tendency transmitted chiefly by the mother.

Usually the disease develops in the colder part of the year when children are not out of doors daily during the winter.

Signs of rickets rarely appear until after the age of three months, and in most cases not until the latter part of the first year or the first half of the second year.

Among the suggestive symptoms we can mention but a few. Restlessness, head rolling, inability to support the head, rubbing off of the hair on back of head, preference to lie on one side rather than on the back, sweating, particularly about the head, odoriferous urine, absence of normal desire to play, pale and flabby appearance. Such symptoms appear after three or four months of continual feeding in many cases.

Effects of rickets are constitutional weakness and bony deformities. Pigeon-breast, spinal curvature, bow legs, knock-knees, characteristically a forward arching of the spine, a peculiarly noticeable "square head" due to unusual prominence of the frontal eminences, swellings of the wrists and ankles (rumen, rickets), prominent abdomen (tuck belly), delayed closure of the fontanelles or soft spots on the skull, and weak muscles are common results of rickets feeding in many cases.

Prevention is summed up in two words—proper feeding and open air. The treatment of rickets demands careful management of the diet by the doctor. Fresh fruit juices and vegetable broths, as well as meat broths, are useful. Also certain medicines will hasten recovery.

Questions and Answers.

Dear B. and W.—A Woman's Neck—just why, please, does she hide it with ugly fuzzy collar, etc., etc.? Time just evens the score. That is the only reason we can assign for his unseemly behavior.

Graves—Glass.  
(Special to The Times-Dispatch.)  
LYNCHBURG, VA., December 26.—Miss Florence Virginia Glass and David Lafayette Graves, both of Lynchburg, were married at 1:30 o'clock Christmas morning at Trinity Methodist Church, the pastor, Rev. James L. Finch, being the celebrant. A number of relatives of the couple witnessed the nuptials.

NEGRO SHOT TO DEATH  
IN DESPERATE BATTLE

Albert Dixon, Who Wounded Captain Ford, Is Killed While Resisting Arrest.

(Special to The Times-Dispatch.)  
NORFOLK, VA., December 26.—In a desperate pistol duel in a house in the colored section early this morning, Albert Dixon, the negro whom the police say shot and dangerously wounded Police Captain Ford on Friday morning, was shot to death by a squad of patrolmen. Before he was shot, according to a dozen bullet wounds, Dixon was seriously wounded. Patrolman Strawhand and slightly wounded Patrolman Russell and

Strawhand is in the hospital with a bullet wound in his left shoulder, another in his mouth, and a third in his left hand. Several of his teeth were knocked out.

Patterson, Russell's wound is a slight one to a finger on his left hand. The negro was located in the house shortly after midnight by Patrolman Russell. A squad of officers from the Second Precinct was summoned. Russell and Strawhand entered the house, while the other policemen stood guard outside. When the two patrolmen entered, Russell fired with a revolver from a back room, and the others returned the shots. Dixon, shot by the policemen, and a desperate hand-to-hand encounter resulted. Dixon, in spite of several wounds, dragged the men out of the house, and while the three were locked in a desperate grip Patrolman Miller emptied his revolver into the negro's body.

Captain Ford, who was shot by the negro on Friday in attempt to arrest him, is expected to recover.

LYNCHBURG MERCHANTS  
HAVE NO COMPLAINT

(Special to The Times-Dispatch.)  
LYNCHBURG, VA., December 26.—The retail trade in Lynchburg during the Christmas buying season is generally reported by the merchants to have been the best in the history of the city. The shopping started early, and was good all the time except in bad weather. The post office has easily broken all former records of the city, the business during this week being far in excess of the same period a year ago, when a new high record was established. Not only was the parcel post business, originating here, very much heavier than a year ago, but there was a corresponding increase in the packages received for local delivery.

CHRISTMAS GERMAN  
TAKES PLACE TO-NIGHT

Important Society Event at Jefferson Is Center of Holiday Season.

## DANCING BEGINS AT 9 O'CLOCK

Some Interesting Marriages of Christmas Week—Richmond Girls to Attend Christmas Hop at Virginia Military Institute.

The most important society event of to-day will be the Christmas dance of the Richmond German Club, which will be given to-night at 9 o'clock in the ballroom of the Jefferson Hotel. The Christmas function of this club is always the largest and most interesting gathering during the entire season, and a number of the members of the organization attend only the entertainment of the series given each winter.

The dance will begin promptly at 9 o'clock, instead of 9:30, as in previous seasons, with the usual intermission for supper, which is served at 10:30 o'clock.

To Attend V. M. I. Dance.

A number of Richmond girls are leaving this week attending the Christmas hop at the Virginia Military Institute, in Lexington. Some of them are Misses Catherine Lee, Frances Cartington, Maria Adkins, Quincy Landstreet, Catherine Miller and Grace Gilham.

Smith—Thompson.

John's Episcopal Church, Waynesboro, was the scene of a brilliant morning wedding when Claude Carter, daughter of Mr. and Mrs. John C. Worthington Thompson, and Richard Andrew Smith were united in marriage by Rev. Duval Langhorne Swaimey.

The bride wore a smart going-away gown of African brown, fur-trimmed with a sash to match, with a spray of Paradise and a corsage bouquet of orchids and lilies of the valley. Miss Hood Worthington Thompson stated

the bride was maid of honor and wore black chiffon broadcloth, fur-trimmed, and a gold-leaf hat. She carried sunburst roses. The bride entered the church on the arm of her father, and was given in marriage by him. They were seated at the altar by the groom and Captain Max Patterson, his best man. The couple are the sons of Mr. Morgan Hudgings, of No. 1015 Prince Street, of the University of Virginia; Clyde Lambert and John W. B. Thompson, brother of the bride. The church was decorated with palms, ferns, sunburst roses and cathedral canes, and the wedding march was played by Miss Hilda Smith, the "Beloved It is Mine" during the ceremony.

To Visit Here.

Mrs. Percy V. Pennybacker, of Austin, Tex., and her son, Percy V. Pennybacker, a senior in the University of Texas, and daughter, Miss Ruth Pennybacker, a sophomore at Vassar College, are in New York for the Christmas holidays. In the early week Mrs. Pennybacker will go to Washington, where she will attend the Pan-American Scientific Congress, which is to be held in that city from December 27 until January 19, inclusive. This is the first time that women have been invited to attend a congress of this kind, and Mrs. Pennybacker has been asked to preside at one of the meetings. Percy Pennybacker and his sister will come to Richmond to a house party at the apartment of Mr. and Mrs. A. L. McDonald, Monroe Terrace, for the remainder of the week and the New Year holidays.

Pretty Wedding.

A very pretty marriage was celebrated in Little Union Chapel, Windsor Shores, at 3:30 o'clock Thursday afternoon, when Miss Anna Wells Blankenship, daughter of Mr. and Mrs. George R. Blankenship, became the bride to Walter W. C. Herring, of Blacksburg, N. C. The bride, wearing a smart tailored suit of light blue with hat and gloves to match, and a corsage bouquet of orchids and lilies of the valley, entered the church with her father, who gave her away. Mrs. Anna W. Herring was her sister's maid of honor, and wore pink messmate draped in embroidered chiffon with a black picture hat. She carried a colonial bouquet of pink roses. Little Misses Carrie Perry and Dorothy McLean, of Blacksburg, in white dresses of lace and lingerie. Miss Herring was attended by her best man, John Patrick of Hampton. The bridal party entered the church to the strains of "Lohengrin," rendered by Miss Ethel Purding, of Providence Forge, and "Traumerei" was softly played during the ceremony.

Mr. and Mrs. W. C. Blackburns, of Lynchburg, announce the marriage of their daughter, Ernestine to Eddie V. Farmer, formerly of Richmond. The ceremony took place on December 21, Rev. E. L. Wells, pastor of Memorial Methodist Church officiated. After an extended trip Mr. and Mrs. Farmer will be at home at 1817 Park Avenue, Lynchburg.

Married in Washington.

A wedding of wide interest, which took place Friday, was that of Miss Marguerite Berkshires, Austin, daughter of James Wellington Austin, to Ordean Donald Austin, son of Mr. and Mrs. S. A. Austin, of Waynesboro. The wedding took place in Washington. The bride was accompanied by her sisters, Miss May Austin, of Abingdon, County, and after an extended Northern trip Mr. and Mrs. Austin will make their home in New Jersey.

In AND OUT OF TOWN.

Mrs. Andrew Garnett, of Chattanooga, Tenn., is spending some time at the Jefferson Hotel here.

Mr. and Mrs. DeWayne Lancaster, the latter formerly Miss Mary Crump, are spending the holidays with relatives here.

Miss Corinne S. Taylor is spending the holiday season in Winston-Salem, N. C.

Miss Emily Trindell Montague, daughter of Mr. and Mrs. Meredith F. Montague, of 35 East Sixty-fifth Street, New York, has entirely recovered from a severe illness.

Miss Montague, of Abingdon, County, and after an extended Northern trip Mr. and Mrs. Austin will make their home in New Jersey.

MINIATURE ALMANAC.

December 27, 1915. HIGH TIDE: Sun rises, 7:57 Morning, 8:49 Sun sets, 4:57 Evening, 5:15.

MILITARY COLLEGE LOSES ITS NEW DORMITORY.

(Special to The Times-Dispatch.)  
BIRMINGHAM, VA., December 26.—Due, it is said, to defective wiring, Milford College, an educational institution of the Christian denomination in Carter County, Tenn., lost on Friday its three-story dormitory building by fire. The loss is \$75,000, with insurance of only one-half that. Plans were made to-day for continuing the school. Those occupying the building escaped with out a panic.

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